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INVESTIGATIONS

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SAUCES FOR SEAFOODS

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Many consumers prefer the natural flavors of fish and shellfish and do not wish to use sauces. For others, the conventional few drops of lemon juice are insufficient for seasoning: particular sauces are desired. These, adding color contrasts and flavor, or blending in taste with the seafoods prepared, may well serve as stimulants to the appetite. In addition, their richness complements the nutritive values of any fish which, for example, may be low in fat content.

The following recipes for sauces, each taste-tested in the Service's fish-cookery kitchen, are enough for 6 serving-portions and are suggested for those who prefer the "added touch."

The familiar white sauce is the basis for many savory variations of fish dishes and may be used for creaming fish flakes, oysters, and other shellfish, or may be poured over boiled or steamed fish before serving.

WHITE SAUCE

2 tablespoons butter or fortified margarine
1 cup milk
2 tablespoons white flour
1/4 teaspoon salt
1/8 teaspoon pepper

Blend the melted fat and flour thoroughly, add the cold milk, and season with salt and pepper. Stir constantly until thickened. Cook over boiling water 10 minutes longer. This plain sauce may be used as a medium to which may be added chopped hard boiled eggs, mushrooms, oysters, capers, pimento, minced parsley, onion, etc., as desired.

For color contrast, try --

GOLDEN SAUCE

2 tablespoons butter or fortified margarine
1 tablespoon cornstarch
1 teaspoon salt
1/8 teaspoon pepper
1 cup milk
1 egg, well-beaten

Melt butter, stir in cornstarch, and seasonings. Gradually add milk and cook until thick, stirring constantly. Remove from heat and fold in the egg.

There is something about a touch of natural lemon flavoring that makes a platter of fish more palatable. Serve Lemon Butter Sauce with boiled, planked, or baked fish.

LEMON BUTTER

Blend 4 tablespoons of melted butter, 1 teaspoon lemon juice, and 1/8 teaspoon pepper. Serve hot.

Another hot sauce for serving with boiled or baked fish is:

SAUCE ALLEMANDE

4 tablespoons butter
3 tablespoons flour
1 tablespoon lemon juice
2 cups strong white fish stock
2 egg yolks
Salt and pepper

Melt the butter and stir in the flour. Add the boiling fish stock, and stir until smooth. Beat the egg yolks and add a little of the sauce to them. Then, draw the saucepan aside and add the egg yolks to the rest of the sauce, stirring constantly, keeping it below the boiling point. Season.

In the South, Creole sauce is especially popular and is used principally for baked fish.

CREOLE SAUCE

3/4 cup minced onion
1 cup minced sweet pepper
2 cups stewed or canned tomatoes
4 tablespoons melted butter or fortified margarine
1 garlic clove, minced
1 teaspoon salt
3/8 teaspoon pepper
1/8 teaspoon paprika

Put the butter, onion, pepper, and garlic in a saucepan and cook for 10 minutes or until tender. Add the tomatoes and seasoning; cook 5 minutes longer.

The clear meat of various kinds of seafood, cut if necessary into slices about 3/4-inch thick, may be simmered in Creole Sauce for 10 minutes and served.

Tartare Sauce is widely used for dishes of deep-fried fish, oysters, scallops, or other shellfish.

TARTARE SAUCE

1 cup mayonnaise
1 tablespoon minced pickles
1 tablespoon minced parsley
1 tablespoon minced capers
1 tablespoon minced onion

Mix the ingredients and the sauce is ready to serve.

A variation of this recipe is:

TARTARE SAUCE SUPREME

- 3 tablespoons mayonnaise
- 1 tablespoon milk
- 1 tablespoon chopped sweet pickle
- 1 tablespoon chopped toasted almonds
- 1/4 teaspoon salt

Combine the ingredients and serve with baked or broiled fish.

Another cold sauce, to be served with broiled or fried fish, is known as Maître d'Hotel Butter. These small balls of chilled, seasoned butter, served on the side of a plate of fish, add color and flavor.

MAÎTRE D'HOTEL BUTTER

- 1/2 cup butter or fortified margarine (solid)
- 1½ teaspoons lemon juice
- 1 teaspoon minced parsley
- 1/8 teaspoon pepper
- 1/8 teaspoon salt

Cream the butter, gradually working in the lemon juice, salt, and pepper. When well-blended, mix in the parsley, and with paddles, roll into balls about 3/4-inch in diameter. Chill, and place one butter ball at the side of each serving of fish.

For shellfish in general: oysters, clams, shrimp, try--

COCKTAIL SAUCE

- 1 tablespoon horse-radish
- 1/2 cup tomato ketchup
- 6 tablespoons lemon juice
- 3 drops tabasco sauce
- 1/8 teaspoon salt
- 1/2 teaspoon celery salt

Blend and chill before serving.

And, finally, a group of 5 recipes, to heighten the natural flavor and savor of your fish entree, whether boiled, fried, or baked:

CUCUMBER SAUCE

- 1 cup chopped cucumber
- 1/2 cup water
- 2 tablespoons butter or fortified margarine
- 2 tablespoons flour
- 1 cup fish stock
- 2 teaspoons lemon juice
- 1 teaspoon grated lemon rind
- 1/2 teaspoon grated onion
- 1/2 teaspoon salt

Cook cucumber in water until tender. Drain. Prepare a sauce of butter, flour, and fish stock; when thick add lemon juice, rind, onion, and salt. Add cooked cucumber last. Makes 2 cups.

Or, you may prefer --

CUCUMBER DRESSING

- 1 tablespoon butter or fortified margarine
- 1 tablespoon flour
- 1/2 cup milk
- 1/2 cup mayonnaise
- 1 cup finely diced cucumbers, drained
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon paprika
- 2 teaspoons lemon juice

Melt the butter, blend the flour, and gradually add the milk. Cook until thick, stirring constantly. Combine the white sauce and other ingredients. Chill, and serve.

SPICED MOCK HOLLANDAISE SAUCE

- 2 tablespoons butter or fortified margarine
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1½ cups milk
- 1/2 cup liquid from boiled fish or canned fish
- 2 tablespoons lemon juice
- 1 egg yolk, well-beaten
- 1 tablespoon ketchup

Melt the butter, blend in the flour, salt, and pepper. Gradually add the milk and fish stock and cook until thick, stirring constantly. Remove from fire and add the other ingredients. Mix well.

TOMATO SAUCE

- 2 cups stewed tomatoes
- 1 small onion chopped fine
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons melted butter or fortified margarine
- 2 tablespoons flour

Simmer tomatoes, onion, salt, and pepper together for 10 minutes. Gradually add the tomato mixture to the combined flour and melted butter. Cook until thick, stirring constantly.

SPICED TOMATO SAUCE

- 3/4 cup stewed tomatoes
- 3/4 cup water
- 2 peppercorns
- 2 cloves
- 3/4 teaspoon salt
- 1 allspice berry
- 2 sprigs parsley
- 2 tablespoons vegetable shortening
- 2 slices onion
- 2 tablespoons flour

Simmer tomatoes, water, spices, salt, and herbs, for 10 minutes in a covered pan. Melt a tablespoon of shortening and brown the onion lightly in it. Blend in the flour and gradually add the tomato and spice mixture. Cook until thick, stirring constantly.